

THE ARKANSAS ULTRA RUNNER

January 2012

The Newsletter For Members of the Arkansas Ultra Running Association

AURA Website - www.runarkansas.com

AURA Forum/Message Board - www.arkrrca.com

Message from the El Presidente

First trail run of the year,

Going back to well before I was involved with the AURA, there has long been a run on the first Saturday in January somewhere in the greater Albert Pike area of the Ouachita National Forest. For years, AURA Brother David Samuel was commonly responsible for these, although the first one I actually remember was orchestrated by the Big Shot. That one was back in the mid 90s, and was barely held—due to a winter storm which made travel a little iffy. Back then, a different route was used every year, and thus had a different name. I don't remember what it was called, but on this occasion we went via forest roads from Camp Albert Pike to the trailhead where the Athens-Big Fork trail crosses the Little Missouri, then came back on the Little Missouri Trail. It was memorable. Everything was snow covered. The trail was hard to follow, and frequently we would have to clear the snow off of trees to try and find blazes. —Yes, they were white. I remember I finished in third place, which was also last place. So far that's my only running performance where I was DFL, although in last year's Hardrock I came pretty close. But I digress...

The Athens-Big Fork Marathon debuted as the 1999 January run. I was down with the flu, and had to miss it. This had more finishers than the previous run I described. They were: Chicken Boy, Michael DuPriest, Kimmy Riley, and Lou Peyton. The January trail run was growing by leaps and bounds!

To bring in Y2K with as much fanfare as possible, for the next year David sought input from previous January run participants in order to select the most popular of the previous years' courses. Still being disappointed from having to miss the ABF run, but having explored the awesome trail during the year with Bones Bailey, my vote was for it.

Happily, ABF was the 2000 January run. It was so popular with those who showed up, that it was obvious where we were going to start running the first Saturday of each year going forward. Unfortunately, a huge ice storm in December 2000 wreaked havoc over much of Arkansas, with the western part of the state being hit especially bad, and the ABF area being devastated. An abbreviated run from Big Fork resulted for 2001. The marathon picked back up the next year though, and has continued intact each year since. Brother David Samuel eventually felt it was time to turn over the reins, and starting in 2009 Steve Appleton took over as race director, keeping the same low key, no frills "fun run" format.

Still nursing a torn Achilles, this past weekend was the first ABF of the millennium when I did not toe the line. It's not the first (and certainly will not be the last) run I've had to miss, but being such an epic event I think this is the first one to really hurt. I attended anyway to see if any help was needed (--it was not, as Steve had everything covered) and

watch the pain. A bonus this year was Mr. Hayward making an appearance at the pre-race meeting. He is proprietor of the Big Fork Mall and always opens up the community center for the run—getting the stove and coffee going so everything is ready for the runners. The runner donations over the years have helped with the upkeep and numerous noticeable improvements to the community center, but last year sales of t-shirts donated by Christus St. Michael Health Center and Team Texarkana provided an extra boost, enabling a new well and plumbing equipment to be put in so that the bathrooms work properly. Mr. Hayward wanted to thank everyone for this.

As usual, a number of people underestimated the difficulty of the marathon, and opted for the Blaylock Creek 17 mile fun run when the decision time came. And a few others wished that they had. I hiked up Brush Heap mountain and took a perch to see how much fun the marathoners were having on the biggest climb of the course, wishing I could be sharing the joy along with them. I could easily imagine how they were feeling. It was interesting to see how fortunes changed between there and on their way back.

Going back and forth from Big Fork to the Blaylock Creek aid station, I actually got to take some roads that I had never been on before, or at least in a very long time. This provided some great views and renewed appreciation for the area. All in all, it was a pretty good way to start the new year. Like it always has been.

At press time the results to the Athens-Big Fork Marathon were not available.

PT's Big Adventure

I first heard about the Hellgate 100K coming back from a run Stan had put together with David Horton (Hellgate race director). The event had been pegged as the “annual run with Horton”, but this was the first one where we’d actually driven to our destination. On the way back Horton asked Stan, “When are you gonna come out and run Hellgate?” After looking up info on Hellgate I realized that it was a tough, beyond pt event. So I was not surprised on our next “annual run with Horton” that the same question was posed to Stan, and Stan only. I knew my place! After another year, I was beginning to hope that one day Horton would ask me as well.

Then the time came, and on the way back from our “annual run with Horton” the question was posed as, “Stan when are you **and pt** going to come out and run Hellgate?” Yeeeeeeeeesssss... I was now somebody... ;-)

This year a group of us decided we actually needed to sign up and go do Hellgate. However, as the year wore on, injuries and some other things took out several folks and it was down to the two Paul's to represent the AURA... yes, yes I know, a scary proposition!

As we drove down I-81 in Virginia, we could see the mountains of Jefferson National Forest off to our left, and knowing that we'd be out in all that mess, could only wonder what the race had in store for us. We did get an up close view of the last climb, as we were able to drive down to Camp Bethel (race hq & finish), on the way into town Thursday evening.

David likes to make this event “special”, so the race actually started at 12:01am Saturday morning, the 10th of December. And, in an effort to make this a grueling, challenging, tough race... I think David wants you to already be tired by the time the race begins. So

Friday's schedule looked like this...

4:30pm - Race Check-in

6:00pm - Pasta dinner

8:00pm - Pre-race briefing

10:45pm - Drive to the trailhead

Another "special" thing about the race, is that as you enter the cafeteria for the pasta dinner, David request that you fill up one table, before starting on another, AND that you sit at a table where you do not know the other runners. This was really nice, Paul and I ended up at a table where we actual knew some, but not everybody.

In the pre-race briefing, it's mentioned that there are only enough seats in the van for 15 runners, all other runners will need to find rides with crews. This was also pretty cool ("special"), as David asked all of us without rides to raise our hands. Then he counted out 15, and said "you guys are in the van." Then he asked for crews that had room for runners. It was funny as he'd ask how many they could carry, upon their response, he'd randomly pick that number of runners to go with that crew. He did this till everybody had a ride. Paul and I had the privilege of riding to the start with Darin Dunham, one of a handful who had finished all 8 previous Hellgates.

Then at 10:45, we loaded up, for the hour-ish drive to the start... I looked back once, and it reminded me of the movie "Field of Dreams" as you could see this long line of cars, driving through the woods. It was really cool.

Once at the start area, we loaded our drop bags into the van (David tells runners, "if you have a crew, please no drop bags"), and then headed down to the start. The temperature can be a huge factor in this race, but we were very fortunate as the temps stayed mid-20's to low-30's... I don't think it ever got below 20, although there were some spots that were windy, and did not feel good... on to the race...

My goal for the race was to finish under the 18 hour time limit. Since I tend to go out too fast at races, I wanted to make sure this time I started out nice and easy. Since the race started a minute after mid-night I'd hoped the dark would help, and it did... along with 137 runners starting on a small trail head.

The first section is pretty nondescript. You have a small climb, and descent on a 4-wheeler type trail. It is a good run-able section, and I was able to easy into a nice lite jog. Just before the 1st aid station (mile 3.5) you also get to the first creek crossing, and you have no place to go, but through. As mentioned the weather was actually really nice, but they had received a large amount of rain the week prior to the race, so once my feet got wet (mile 3), they were wet the entire race!

I didn't stop at the first aid station, as it was water only (Horton said that if we needed anything else there, we didn't need to start), and aid station 2 is at mile 7.5, so you really don't need anything till then. The "special" part of the second section is it's all road (hard packed gravel), and it is ALL UP HILL. I knew from looking at the maps and reading info on the race, that I just needed to get used to lot's of LONG uphill climbs. So I trudged on, and on, and on till reaching the aid station. I quickly filled up my bottles, grabbed some food, and headed out.

Here we cross the Blue Ridge Parkway, and get our first single track trail of the course. It was a gentle downhill for about a mile, and was technical in spots, but I felt it was very run-able. At the base, we had a hard right turn and onto up & down single track for a few more miles. We finally came out onto a road, made a hard right, and started the

LOOOONG climb up to Camping Gap (AS3). My goal was to power hike all up hills, and I did, but I'm also here to tell you that after 3-4 miles, power hiking got harder, and harder to do.

Upon reaching Camping Gap, we were on a peak, and got a BEAUTIFUL view into a huge valley, where you could see groups of towns down below... it was really pretty. I grabbed some soup, filled up on water, and headed down the trail. Headforemost Mountain (AS4) is next, it's the first cut-off, and it's 8.8 miles of tough trail/road.

Leaving Camping Gap you had a slight climb and then some good downhill, on a grassy road that is good and run-able. Eventually you get to climb again, and yes it's a pretty long climb. At the end of this climb you are on the highest point of the race... wooooo whooooo... At this point you get some downhill trail again, and I enjoyed running it, although not real fast. Eventually you bottom out on another hard packed gravel road, and guess what... yep, get a long climb up to AS4.

I don't remember what time I actually got there, I just knew I was ahead of cut-off. I grabbed some stuff from my drop bag, which took longer that I thought it would. I really liked the aid stations, but they were minimal aid stations... they didn't have a lot, but they had what you needed. Anyway, I needed to get some GU and Cliff Bars, and kind of had to squat down to do it, as there was no place to sit or sit your drop bag on. It was COLD there, and by the time I left, I was cold, stiff, and moving slow.

The next section is about 6 miles, but it is almost all downhill. It was getting close to daylight, and I was able to run this section really well. There was a good amount of run-able trail, that spilled out onto a grassy road for even better running. This was probably my fastest section of the race. And I was treated to breakfast at Jennings Creek (AS5). It's about 7 miles from AS5 to AS6 (Little Cove Mountain)... with a couple good, YES, climbs... This section was nice, but I didn't enjoy as much because it was almost entirely on packed gravel or grassy road.

Upon arriving at AS6... the aid station was running low on just about everything. I filled up with H2O, and headed on down the trail. At this point I almost made a mistake. AS7 (Bearwallow Gap) is 8 miles away, and is the LAST cut-off aid station. I was in a group of runners and one hollered out, "guys the cut-off is 12:30, and we only have 2 hours to get there. It was COLD at LCM, and I was stiffening up again, so it was hard to get running. I was trying to stay with the group, but was in a rough spot.

I ended up staying with them, and even started feeling better. Just before we hit a good downhill section the "infamous" runner hollered back at everyone, "hey, we're ok, it was 9:30, and I thought it was 10:30"... Aggggghhh!!!

Anyway, I was feeling good, so I hammered the downhill, which bottomed out at yet another climb. This one was not as long, but it was single track, and I don't think I've ever seen so many rocks. It was a brutal stretch. Once we got to the top, I ran the downhill hard again, and when it bottomed out, we had a long flat stretch to the aid station.

My almost mistake was twofold, not looking at my watch when the guy hollered out we were behind time, and trying to hammer the one long stretch of downhill. As I walked into AS7 with TRASHED legs. One thing that pep'd me up here, was that I bumped into Paul, he was leaving the aid station, but he was there, and it was good to see him. I think I looked as bad as I felt, as he made me promise to keep going before he'd leave. I was like, "dude, I may not make the final cut-off, but I will leave this aid station".

I actually cut my tights off, so that I would not have to get out of everything wet, and then put it right back on... this got some chuckles. As I was about to leave my right calf locked up, and I found myself on the ground. With some help I got it worked out, back to my feet, and on down the trail. I was moving slow as it was COLD here as well, and I was stiffening up by the time I left.

And yes, once again you had a LOOOONG climb out of the aid station. Of the entire race, I can easily say I DID NOT like this section. Once you hit the top of the climb, you had about 5 miles of mostly flat single track that wove in and out of the mountain **FOR-FREAKN-EVER**. Did I say I hated this section... if not I hated this section. Finally we dropped out of that, and on to a road for a climb up to AS8 (Bobbles Gap – 49.5).

I was worried here, really for the 1st time. It says 49.5, but you are actually well into the mid-50's at this point. Plus the next section is the infamous “long” section. It's on the map as 6.6... IT AIN'T 6.6 MILES!!!

I left there at 1:22, thinking since I had struggled so badly on the last section (7 miles), It was going to be struggling to get to AS9 (Day Creek) by 4, basically 2 and a half hours. Fortunately there was a LOOOOOONG downhill section of gravel road here... it started out rough, but smoothed out quite nicely. I started out running slowly, but once I loosened up I was able to pick up some speed (if you want to call it that). This downhill section soon had me wishing for more uphill so I could walk. However, by the time it did bottom out, I was feeling really good, and I knew that from there to the aid station was up and down single track.

The ups were not too long, and neither were the downs. So when I'd bottom out somewhere, I was still feeling good, and able to really power hike the ups. This actually ended up being my best section of the race, as I rolled into the aid station at 3:15.

Oh, and believe it or not, I had not had a fall all night or during the day... but just about the time I thought to myself, “hey, if I get to Day Creek, without falling, it's all road from there”, I bit the dust hard... go figure!?!?

Anyway, I quickly filled up water bottles, grabbed some food, and head up the last 3 mile climb to the Blue Ridge Parkway. This was a tough climb, as you can pretty much look straight up from the aid station, and see the BRP WAAAAAAAAY up there. By all accounts the race is actually 67 miles, so here you are, 60+ miles (into a 100K), and facing a long, steep 3 mile climb, just so you can get to the 3.3 mile downhill section to the finish.

I'd read this was a tough climb, so I was prepared. I basically lowered my head and power hiked as long as I could. It's mentioned that it is anywhere from a 45 minute to 60 minute climb. I got it done almost dead on 45 minutes.

Near the top, I got my second surprise of the day, as I bumped into Paul once again. We walked the final ¼ mile to the top, and by the time we'd gotten there we decided it would be most excellent to finish together.

I did tell the radio guy at the top to tell Horton “pt & Paul were on their way down the mountain...” We eased on down, running some and walking some, till we hit hard packed gravel, and were able to get into a nice rhythm. We knew somewhere in the distance was Camp Bethel and the finish (in under the 18hr cut-off), but we also knew there was a sign telling us we had one mile... and I was looking for that bad boy!!!

Finally there it was, and we realized we were not only going to come in under 17 hours, but could actually come in under 16:45... We got to the camp, turned in, and ran up the

road to the finish. Horton, has a chute fixed up for you, and is waiting at the end. After a couple of bear hugs from Da Man, Paul said “hey David, you and pt should call the Hogs”! That was all the push we needed, and folks looked on in awe, no... they looked on thinking “what the heck is that” as David and I got in a full Hog Call to end the day. We went inside the lodge, got our finishers pullover (it’s bi*ch’n cool), and then found a seat and some food. Darin Dunham had told us that when we finished, we’d want to hang around, eat, and cheer folks on in to the finish. However, once we sat down we’d realize how tired and worn out we were, and all we’d want to do was go home. **Man was he ever right!!!**

Fortunately as we were grabbing all our stuff, Darin finished up the race. Not as fast as he’d hoped for, but he is now 9 for 9 at Hellgate. Let me tell ya, that is quite a feat!!!!

PT

The 2011 LOViT Marathon by Patrick Barker

Before you can run in this late autumn race, you have to find Shangra La, the fabled mystical Hidden Valley. Fortunately, it’s not in the mountains of Nepal. It’s actually about 35 miles west of Hot Springs, Arkansas, and pretty easy to find. During my drive from Little Rock, a lunar eclipse starts dimming the upper rim of the moon on the low western horizon directly in front of me. It begins just after sunrise with the sun to my back. Here I am, on the way to earthly paradise, casting my shadow on the moon. It’s one of those things that makes you smile and consider how awesome life really is. Arriving 15 minutes early, I sign in. The temperature is in the upper 20’s, the air feels crisp and there’s a clear sky overhead. Practically everyone is in there car keeping warm, but eventually about 50 runners emerge and walk to the starting line. During the pre-race, Phil Carr indicates the course is dry and in great shape, which turns out to be true. The run begins and ends on pavement a couple of hundred yards from where everyone parks so you get to pass your car twice both coming and going. Maybe three quarters of a mile down from the parking lot we hit the lake, veering right onto single track. Outbound, the trail makes a big upside down horseshoe bend more or less following the shoreline for a little over five miles. Inbound, the horseshoe makes a smaller arch to shave off a couple of miles. This is the only difference between the out and back sections of the course and it’s done to accommodate a turnaround at mile 14. There are a lot of really nice lake vistas on this first section as it meanders through a mature hardwood forest. As an Arkansas trail, the majority of the course is comparatively flat. Except for maybe a 600 to 700 foot climb just before the turnaround, it probably averages 100 feet of elevation per mile. This year, the trail is well marked with new, professionally printed signs at the turns, and white blazes on trees at regular intervals. It’s good to see the new signs. They cost some money to make which means the race should be here next year too. The first aid station is a manned water drop with no other aid at about mile 6. Except for falling over a tree root, I make it without incident. The next section is about 5 miles long. The first couple of miles get a little rockier in

places, and this portion has more rolling terrain and creek crossings. A lot of quartz and some very old pine trees are in this section and so is the 'tree of death'. This was a massive tree that had recently been snapped in two by high wind and it's fallen completely over on its side, but it's still barely attached to its trunk by a twisted bundle of splinters about eight feet up. It looks like a huge Indian deadfall trap waiting to be triggered. As an obstacle on the trail, it's appearance is very menacing. You know with certainty that if it falls at the precise moment you go under, well, it's all over. Between miles 9 and 10, runners are treated to the most beautiful part of the course, and maybe one of the most enchanting trail sections in Arkansas. A delicate creek with small, intricate waterfalls runs among lush ferns and berms of emerald moss. It's green everywhere. After running through miles of defoliated forest with billions of monochromatic leaves on the floor, coming across this lush living green scape is quite striking. This area is located right before crossing Mountain Harbor Road. Once across the road, there is a quick dogleg to the right paralleling the road before a left turn on a climbing dirt road straightaway. It tops out at the at the far end, and race volunteers are there for a second manned aid station. The aid is simple: pretzels, cookies, water and Gatorade, but they have plenty of it and serve with good cheer. This area is called Joplin. There are a couple of dirt roads on this section and quit a few larger water crossings that are wide enough to get your feet wet. The road portion feels a little more open and parallels a beautiful creek with more emerald moss and large ferns and very old trees. Then the landscape transitions to denser forest and single track before heading up to the top of Hickory Nut Mountain. The turnaround is on the other side of the mountain about four miles from the Joplin AS. Just before starting up the mountain, a creek crossing is made difficult because the trail just plays out among the leaves and rocks right before actually getting to the creek. Your last good heading, which you want to maintain, leads you askew and past the trail on the other side, so you end up getting disoriented for a bit before finding a faded trail marker on the other side well right of where you expect it. There are a couple of nicely made cairns heading up. About half way to the top, there are a few short sections with lots of large loose rock covered with leaf material. It's the worst footing on the course, but doesn't last very long, and then a couple of switchbacks are required before topping out. A slight trend down hill for half a mile while veering right ends at the turnaround. They have a fire here and more fare like at Joplin. From here it's about 12 miles back over roughly the same course. Heading up the mountain to the turnaround, my stomach went south and the both legs started cramping. Salt helps a little, but I still struggle for quite a few miles until Karen Hayes gives me a couple of S Caps. I have always avoided them, but after today, I'm a convert. I go on to finish the last few miles very strong and overcoming the earlier protracted trial feels good. My feet feel terrific after a maiden run in new pair of Brooks Cascadia 7's, so my yearlong quest for the perfect trail shoe is finally over.

I had commented before the race that I thought the trail was quite rocky based on my experience from last year. This year, once back on the trail, I quickly realize this was Inexperience and a poor memory talking. The trail is actually very good single track. It's very well suited for long training runs of 20 to 30 miles, and the trail extends at least another 11 miles beyond the turnaround to Crystal Springs, so longer runs of 40 to 50 miles can be had here too. If you happen to be in Hot Springs, you might consider LOViT as a longer and flatter alternative to Gulpha Gorge. If you haven't run the LOViT

Marathon yet, you should.

Lake Ouachita Vista Trail (LOViT) Run

December 10, 2011

(Near) Mount Ida, Arkansas

Marathon - 26.2 miles (2011-2012 UTS Race #7)

Place Name Sex Time

- 1 Tom Brennan 3:35:37
- 2 Joshua Snyder 3:40:45
- 3 Steve McBee 3:59:55
- 4 David Joseph 4:02:11
- 5 Jake Anderson 4:02:11
- 6 PoDog Vogler 4:04:29
- 7 Whitney Kerth F 4:12:03
- 8 Tim Norwood 4:15:11
- 9 Mark DeHerder 4:16
- 10 Alison Jumper F 4:17
- 11 Tiffany Gaulke F 4:20
- 12 Natalie McBee F 4:28
- 13 Mark Cato 4:29:34
- 14 Katie Helms F 4:33
- 15 Chad Johnson 4:36:39
- 16 Chad Yocum 4:36:59
- 17 Rich Brown 4:43:13
- 18 Josh Bornhorst 4:48:10
- 19 Jeremy Pate 4:51:49
- 20 Matthew Jackson 4:51:49
- 21 Deb Baker F 4:55:33
- 22 Nate Smith 5:01
- 23 George Peterka 5:04:36
- 24 Kathy Wilson F 5:18:37
- 25 Ryan Stalder 5:19:07
- 26 Sarah Stalder F 5:19:07
- 27 Tanner Freeman 5:25
- 28 Jen Freilino F 5:28
- 29 Cliff Ferren 5:28
- 30 Steven Preston 5:29:04
- 31 Jim Sweatt 5:43:07
- 32 Bryan Jones 6:06:34
- 33 Lisa Vorwerk F 6:14
- 34 Don Preston 6:14
- 35 Patrick Barker 6:22
- 36 Karen Hayes F 6:27:03
- 37 John Hunnicutt 6:30
- 38 Steve Hughes 6:42
- 39 Paul Becker 6:43:00

40 Michael Harmon 6:51:18
41 Jesse Garret 6:56:44
42 Russ Cheney 8:28:06
Half Marathon (14.4 miles)
1 Lynn Daniels 2:54
2 David Meroney 3:10
3 James Ervin 3:12
4 Rebekah King 3:20
5 Kayce Hall 3:22
6 Monica Whitmire 3:25
7 Cales Stanis 3:30
8 Noel Mall 3:33
9 Kevin King 3:37
10 Trey Spence 4:18
11 Lisa Gunner 4:29:32
12 Mark Cato 4:29:34

Other Distance

Reid Landes 23.3 miles 3:58

Calling all Retreads

Here's a reminder the first Wednesday of each month The Retreads meet for lunch at Franke's on Rodney Parham Road for lunch at 11:30.

Here is a poem from a wanna be Retread

Once again, I'm sad to say,
I can't meet on that special day,
Wednesday lunch will come and go
I'll be at Brady, with kids fast & slow.
I am a Retread in my heart
And from you all I hate to part
But just wait a year or two
I'll be there with Charley and Lou,
Enjoying my salad and taters and beets,
And cake and pudding and lots of meats.
So think of me when you all meet
I'll be working just down the street!

Happy New Year to all!

Love,
Rose

Below is a copy of a poem penned by RETREAD brother, Lloyd Moore. He wrote it approximately 10 years ago during the early days of RETREADS.

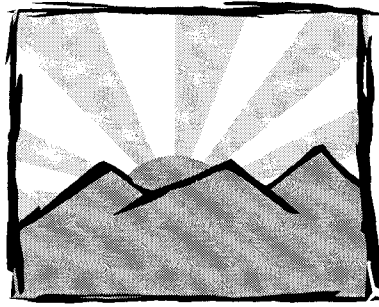
RETREADS

So they gather, these hearty souls
Arriving some, it seems, in chariots of gold
To take of this fine food or ham
Prepared by the finest of hands
Some with near mythological pasts
Because of endurance or because they were fast
For you mere mortals dining near,
The tales of might you'll unlikely hear
Not because they're tales of woe
Or that you'll ever hear they were slow
And not because you didn't ask
But only because there wasn't time for the task
So as they leave in their funny little shirts
Reminders of glory or maybe just hurt
Memories of racing in sunshine and snow
And times that really were not that slow
These old retreads just came to eat
Not to prove, again, how oh so fleet.

Lightning Lloyd G. Moore

AURA runners in the News

Across The Years Jamie Huneycutt ran out at Glendale, AZ in the Across The Years event and ran 136.5 miles and was 2nd female overall.



18th White Rock Classic – approx. 33.4 miles
NEW START LOCATION - Begins at Brannon, AR
Corner of Hwy. 295 & Madison County Rd. 4035

Saturday, February 4, 2011
9:00 am SHARP
No Fees, No frills, No WIMPS!

Course Records (**original course**):
Male: Stan Ferguson, 3:58:27 (2000)
Female: Chrissy Ferguson 4:44:25 (2000)

Since this is a new, there will be new Course Records and everyone will have a PR for this course!

Race will begin at 9:00 am
This is Race #9 of the 2011-2012 AURA - Ultra Trail Series
A \$5.00 donation is suggested to cover costs
Brought to you by Jamie & Jay Huneycutt
and the Arkansas Ultra Running Association (AURA)
Refreshments will be near the finish line starting at 1:00 pm

This is a new course as the original course is closed in two sections. You will love it and hate it as much as the old course. ☺

Directions to Start:

Fayetteville - Start is 25 miles east of the intersection of Hwy. 265 & Hwy. 16 in Fayetteville. From Fayetteville take Hwy. 16 east (approx. 19.7 miles) to the **Pig Trail Bypass Country Café** (hours 6 am – 9 pm) in Crosses. Turn on Hwy. 295, drive 5.3 miles to the start at Brannon Cemetery.

If you are coming from the Little Rock area, please allow an additional half hour from the old course, continuing on Hwy. 23 (Pig Trail), then left on Hwy. 16 west to Crosses and the Pig Trail Bypass Country Café. Turn on Hwy. 295, drive 5.3 miles to the start.

From Ft. Smith area – From Winslow on Hwy. 71, go east on Sunset Road (Washington

County 38). The turnoff is just south of the convenience store. Follow Sunset Road to Madison Co. 4035, turn left and go 2.6 miles.

Course Description:

From Brannon Cemetery at the Corner of Hwy. 295 & Madison County Road 4035, turn right (east)

2.6 miles name changes to 124 Forest (continue heading east)

3.6 miles name changes to Mountain Crest (continue heading east)

5.5 miles **1st Aid Station**

7.8 miles (25.5 on return), turn Right (heading South) along Bidville Road

11.8 miles (21.5 on return) **2nd Aid Station** turn Left (heading south) along White Rock Mountain Road. Road changes names to Bowles Gap Road.

16.5 miles (17.4 on return) veer straight up to the top of White Rock Mountain

Recreation area.

3rd Aid Station

Sign in at lookout (16.7 miles) and return to start

Elevation: Gain 3,749 feet, Loss 3,767 feet. Min elevation 1932 ft., max.elevation 2,423 feet.

This is a run/walk but you are welcome to ride your bike if you wish.

The course runs to the top of White Rock Mountain, then retraces back to the start. The course is run on well maintained dirt road.

You may also run the ascent (fun run) only, but you will need to find your own ride back.

Course closes by 5 pm. Early starts are encouraged if you are unable to complete the course less than 8 hours. Note: There will be a few awards given – early starters are not eligible for awards.

Cancellation Policy: We reserve the right to cancel the race due to inclement weather or unsafe road conditions. Both the condition/width of the roads and the snow height and ice will be taken into consideration when making the final decision. In other words, don't go if the weather is bad! Remember this is for fun, fellowship and recreation.

Questions: Jamie & Jay Huneycutt - Home Phone: 479/444-8955, Cell: 479/957-3104
E-mail: jhuneycutt88@att.net or hjhuney@uark.edu

The course is very challenging and not recommended for those who have not at least completed a marathon (or run 26 miles) recently. It is guaranteed to help work off those Christmas holiday pounds before the Valentine Candy arrives. ☺

Cyclists are always welcome to join us in the fun, although I wouldn't recommend riding a road bike as there are plenty of rocks on the technical dirt road. Hope to see you there!

2011-2012 ULTRA TRAIL SERIES

Remaining 2011 - 2012 UTS Schedule

#9 2-4-12 White Rock 50K Cass, Arkansas

#10 TBA Big Rock Mystery Run North Little Rock

#11 4-21-12 Ouachita Trail 50k and 50 Mike Little Rock

#12 5-12-12 Mountain Magazine Trail Run Mountain Magazine State Park

TBD- The Catsmacker Fun Run and UTS Awards-Not a series race. AURA meeting and UTS awards.

Complete information can be found at www.runarkansas.com and link to UTS

Lots of good guesses on where Harold was running in the December 2011 AURA Newsletter, but sadly nobody got the location. Harold was running in Rocky Mountain National Park in Colorado.

AURA Powerhouse

Stan Ferguson – President

Michael DuPriest - Vice President

Lisa Gunnoe - Secretary

Charley Peyton - Treasurer

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The AURA – *Don't Stop the Feeling!*

